

# SLEEP TRACKER



DATE	ACTIVITIES 1 HOUR BEFORE BED	TIME OF LAST FOOD + DRINK	TIME OF ARRIVAL IN BED	ACTIVITIES IN BED	LIGHTS OUT (LO) TIME	WAKE UP (WU) TIME	TIME AWAKE BETWEEN LO + WU	SLEEP QUALITY (0-10)
Example	Watching TV	7:30pm	11:00pm	Reading	11:30pm	6:30am	1 hour	7

